



Spaghetti Squash Bolognese



1/4th of recipe (about 2 cups): 330 calories, 8.5g total fat (2.5g sat. fat), 717mg sodium, 33.5g carbs, 8g fiber, 15g sugars, 29.5g protein

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Prep: 20 minutes **Cook:** 50 minutes



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Ingredients

1 spaghetti squash (at least 4 1/2 lbs.)
3 1/2 cups canned crushed tomatoes
1/4 cup tomato paste
1 tbsp. white wine vinegar
1 tsp. Italian seasoning
1 tsp. garlic powder
1 tsp. onion powder
1/2 cup chopped celery
1/3 cup chopped onion
1/3 cup chopped carrots
1 tbsp. olive oil or grapeseed oil
1 lb. raw extra-lean ground beef (at least 96% lean)
1/4 tsp. salt
1/8 tsp. black pepper
Optional topping: grated Parmesan

Directions

Preheat oven to 400 degrees.

Microwave squash for 6 minutes, or until soft enough to cut. Once cool enough to handle, halve lengthwise; scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water, and place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes. (For alternative cooking methods, see below.)

Meanwhile, in a large bowl, combine crushed tomatoes, tomato paste, vinegar, and Italian seasoning. Add 1/2 tsp. each garlic powder and onion powder, and mix well.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add celery, onion, and carrots, and drizzle with oil. Cook and stir until slightly softened, about 2 minutes.

Add beef to the skillet. Sprinkle with salt, pepper, and remaining 1/2 tsp. each garlic powder and onion powder. Cook, stir, and crumble until veggies have softened and beef is fully cooked, about 8 minutes.

Carefully add tomato mixture to the skillet. Cook and stir until hot and well mixed, about 2 minutes. Remove from heat.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible. Transfer 5 cups to a large bowl. (Reserve any extra squash for another time.)

Top squash with saucy beef, stir, and serve.

MAKES 4 SERVINGS

Time-Saving Alternative: Instead of baking the squash, cook it in the microwave. After scooping

out and discarding the seeds, place one half of the squash in an extra-large microwave-safe bowl, cut side down. Add 1/4 cup water, cover, and cook for 7 minutes, or until soft. Repeat with remaining squash half.

Another Alternative: [Slow-cook your spaghetti squash!](#) Just set it and forget it...

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Author: Hungry Girl

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